



## HEALTHY SNACKS FOR CHILDREN

Spring 2008 Vol. 6



Summer is right around the corner, and soon there will be hungry children wanting a snack after playing outdoors. Chips and pop are not good suggestions for growing bodies. These foods are alright sometimes. Daily, children should snack on foods from the five food groups. Stock your refrigerator and pantry with foods that are easy to grab, and require little or no preparation time for your hungry snacker.

Keep fresh vegetables like broccoli, cauliflower, carrots and celery cleaned and cut up in the refrigerator. Serve with low fat dip or yogurt. Apples, oranges, strawberries and other fruits are quick snacks. Keep unusual fruits like star fruit or kiwi around. Kiwi can be cut in half and eaten with a spoon.

Low fat cheese and crackers are a nice snack. String cheese is fun for all ages. Yogurt with fresh fruit or granola seems like an ice cream sundae! Keep a variety on hand. 1%-flavored milk is a great snack. 100% fruit juice tastes great, but make sure that your child receives no more than 8 ounces per day. On days when you have a little extra time, try a fruit smoothie with low fat milk and your favorite fruit (fresh or canned). To make it even thicker, freeze your fruit before blending it.

Bagels, graham crackers, low fat tortilla chips, and pretzels are all snacks children can help themselves to. The key to successful snacking is to have healthy snacks available all the time. If you keep them around, your children will eat them. Also, be a great role model, and participate in healthy snacking yourself!

University of Nebraska-Lincoln Extension



## LAYERED BROCCOLI SALAD

### Ingredients

- 6 cups chopped broccoli flowerets
- 1 small red onion, very thinly sliced
- 1 1/2 cups (6 ounces) grated Cabot 50% Light Cheddar cheese
- 2/3 cup dried, sweetened cranberries or raisins
- 1/2 cup plain fat free yogurt
- 3 tablespoons honey
- 2 tablespoons mayonnaise
- 2 tablespoons cider vinegar
- 1/4 cup unsalted, dry roasted, hulled sunflower seeds or chopped walnuts
- 1 ounce (2 tablespoons) 50% less fat bacon pieces

In a large, glass serving bowl, layer broccoli, onion and cranberries. In a small bowl, whisk together yogurt, honey, mayonnaise and vinegar. Drizzle the yogurt dressing over the layered salad. Layer cheese on top. Cover and refrigerate until ready to serve. Sprinkle with sunflower seeds and bacon pieces just before serving.

Source: United Dairy Industry of Michigan

## FOR THE SEASON'S BEST PRODUCE VISIT MT. CLEMENS FARMERS MARKET

### Mount Clemens Farmers Market

*Fresh, Locally Grown Products Since 1979*

THE MARKET OPENS FOR THE SEASON SATURDAY, MAY 5TH



#### MARKET DAYS AND HOURS

Fridays and Saturdays - 7 a.m. to 1 p.m.  
May thru November

#### MARKET LOCATION

Located at the City's Park & Ride Lot on North River Road between I-94 & North Bound Gratiot Avenue

## Learn Not to Burn This Summer!

Grilling is a natural pastime of summer. A grilled hamburger or steak tastes better to most than one cooked on the stove or in the oven. There are some precautions that should be taken when grilling. Studies have shown in the past that grilling and burning your food may produce carcinogens. Carcinogens are cancer-causing substances. So how do you avoid these substances, and avoid burning your food?



When cooking high fat items on the grill (gas or charcoal), the fat drips onto the flames and creates smoke that contains hydrocarbons -- chemicals in smoke that are potential carcinogens. The blackened parts of meat may also contain carcinogens. So to avoid this flare ups and the potential for creating cancer causing substances, grill lower fat food items, grill farther away from the flame or charcoal, so as to reduce the chances of burning. Grill for the shortest, and safest amount of time possible. Stay away from grilling on high. Also, remember, you can grill fruits and vegetables. Consuming fruits and vegetables helps to reduce your chances for cancer. Enjoy your burgers and steaks-just don't burn them!

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## Tips for Safe Outdoor Eating

The sunny days of summer bring hot temperatures and outdoor gatherings. It's also a time of increased risk of food poisoning. While most Americans realize that May through September poses the biggest threat of foodborne illness, a survey conducted by the American Dietetic Association shows that consumers are not practicing correct outdoor food safety procedures. So, before you pack the picnic basket, remember these simple tips to ensure that unwanted bacteria won't have a place at your table.

### Keep Raw Meats and Ready to Eat Foods Separate

- Bring extra plates - one for handling raw foods and another for cooked foods to prevent cross-contamination.
- Marinate foods in the refrigerator. Don't reuse marinade used on raw meat or poultry unless boiled.

### Cook to Proper Temperatures

- Cook your favorite foods to the right temperature by using a meat thermometer; to at least 160°F and chicken breasts to 170° F.
- Never partially grill meat or poultry to finish cooking later.

### Refrigerate Promptly below 40° F

- Pack food in a well-insulated cooler with plenty of ice or icepacks to keep temperature below 40° F.
- Transport the cooler in the back seat of your air-conditioned car instead of in your hot trunk.
- Remove from the cooler only the amount of raw meat that will fit on the grill.
- Defrost meat, poultry and seafood in the refrigerator or before taking them to the grill.
- Don't leave food outside in hot weather (90° F or above) for more than one hour.

Source: [homefoodsafety.org](http://homefoodsafety.org)

## Word Wise

**Carcinogens**— This term carcinogen refers to any substance, that is an agent directly involved in the promotion of cancer. When grilling foods remember the blackened parts of meat may contain carcinogens. So-avoid flare ups and the potential for creating cancer causing substances, grill lower fat food. Eating a healthy diet consisting of a wide variety of foods may help prevent this disease.

MSUE Macomb County

## Mango Yogurt Smoothie



### Ingredients:

- ◊ 4-7 ice cubes
- ◊ 1 cup (8 ounces) plain fat-free yogurt
- ◊ 3/4 cup mango slices in extra light syrup\* drained
- ◊ 1 tsp sugar substitute (optional)
- ◊ mango slices for garnish (optional)

Place ice in bottom of blender. Add yogurt, mango, and sugar substitute, if desired. Blend ingredients until smooth. Serve immediately.

Source: Slimmer Summer Recipes

# Home Food Safety Tips

## Hot Tips for Heatable Eatables

### Survey Overview

Whether you're a leftover lover or more the take-out type, heat, eat (and repeat!) with home food safety "dish" from the American Dietetic Association:

### Refrigerator Raider

When it comes to refrigerating leftovers, Americans are losing their cool! More than a third of people typically keep their refrigerator set at 40 degrees Fahrenheit or higher, and 41 percent admit they don't know the proper temperature to which their refrigerator should be set. Don't let bacteria shorten your leftovers' life – use a refrigerator thermometer to make sure your fridge is always set below 40 degrees Fahrenheit.



### Doggie Bag Diner

Who says you can't take it with you? When eating out, nearly 40 percent of restaurant patrons leave at least some of the time with a doggie bag or leftovers to eat for another meal. If you're a doggie bag diner, write the date of purchase on your take-out container – and remember to discard leftovers within three to five days.



### Microwave Maniac

The most popular use for microwaves is reheating leftovers – but if your microwave isn't equipped with a turntable, you may need to take extra precautions to make sure leftover food is cooked throughout. Rotate food one-half turn midway through the heating time and give it a stir to eliminate cold spots where bacteria can survive. Then let food stand for one minute before inserting a meat thermometer to ensure food has reached the proper internal temperature of 165 degrees Fahrenheit.

### Dinner Defroster

Nearly half of Americans use their microwaves to defrost frozen meat. Since juices from raw meat may carry harmful bacteria, dinner defrosters should take special precautions to avoid cross-contamination. Use separate plates – one to defrost meat and another to serve cooked meat – or wash plates in warm, soapy water between uses to eliminate bacteria.

American Dietetic Association

### Check our Web site:

[macombcountymi.gov/msuextension](http://macombcountymi.gov/msuextension)

- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
- Past Healthy Bites issues

### Want to be on our mailing list? Please call!

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Copy cats permitted!



For more information or questions regarding food and nutrition, contact us!

**MSU Extension - Food and Nutrition**  
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# MSU EXTENSION PROGRAMS

## FAMILY (586) 469-5180

### *ABC, 123 @ Home With Me*

#### **\*\* In-home free literacy program \*\***



*that provides free books  
to single family low  
income households with  
children ages 0 ~ 3 years old.*

*Call (586) 469-7609 for  
more information on this program*

### ***Do you need child care?***

- \* Free referrals to licensed child care providers
- \* Information on how to choose quality child care
- \* Referrals to other supportive agencies
- \* Confidentiality

Contact 4C (586) 469-6993  
1-866-4CHILD CARE



### ***Facing Foreclosure***

*Tuesday, June 3rd  
6:30 - 9:00 p.m.  
MSU Extension  
21885 Dunham Rd  
Clinton Township, MI 48036  
Call 586-469-6430 to register*

## HOUSING (586) 469-6430

### **Macomb Homebuyers Affordable**

#### **Housing Seminar**

- ◆ Renting vs. Buying
- ◆ Government & Bank Loan Programs
- ◆ Down Payment Assistance
- ◆ Saving Money & Cleaning Up Credit

Wednesday, May 28, 2008

**Macomb MSU Extension**

### **Money Management**

8 Sessions, Wednesdays  
Sept. 10, 17, 24,  
Oct. 1, 8, 15, 22 & 29

**MSU Extension  
21885 Dunham  
Clinton Township, MI 48036**

Call (586) 469-6430 to register



### **Home Ownership Seminar**

FREE, three-part program provides  
basic information needed  
to effectively shop for  
and finance a home.

June 11, 21 and 28

**Macomb MSU Extension  
21885 Dunham, Entrance E  
Clinton Township, MI 48036**

## NUTRITION (586) 469-6432

Expanded Food & Nutrition Program  
for low-income families with children - 6 sessions

- ◆ One-On-One Teaching
- ◆ Menu Planning
- ◆ Group Presentation
- ◆ Stretch Food Dollars
- ◆ Label Reading
- ◆ Free Cookbook (Call 586-469-6432)

### **Healthy Bites**

#### **Free Newsletters**

Check our website:

[www.msue.msu.edu/macomb](http://www.msue.msu.edu/macomb) for:

Calendar of upcoming events  
Program descriptions  
Volunteer opportunities  
Past issues

## **Volunteer Opportunities**

### **Youth Mentor Program**

Positive role modeling to at  
risk youth 11 - 15  
4H



Activities for families  
with children 5-19

Call (586) 469-6431 for more information